

Does Your Baking Powder Contain Alum?

Prof. Geo. F. Barker, M.D., University of Penn.: "All the constituents of alum remain (from alum baking powders) in the bread, and the alum itself is reproduced to all intents and purposes when the bread is dissolved by the gastric juice in the process of digestion. I regard the use of alum as highly injurious."

Dr. Alonzo Clark: "A substance (alum) which can derange the stomach should not be tolerated in baking powder."

Prof. W. G. Tucker, New York State Chemist: "I believe it (alum) to be decidedly injurious when used as a constituent of food articles."

Prof. S. W. Johnson, Yale College: "I regard their (alum and soluble alumina salts) introduction into baking powders as most dangerous to health."

In view of such testimony as this, every care must be exercised by the housewife to exclude the over and over condemned cheap, alum baking powders from the food.

Baking powders made from cream of tartar, which is highly refined grape acid, are promotive of health, and more efficient. No other kind should be used in leavening food. Royal Baking Powder is the highest example of a pure cream of tartar powder.

ROYAL BAKING POWDER CO., NEW YORK.

The Advantage of One Eye.
During the late Spanish-American war a certain old colonel who had lost an eye at the battle of Gettysburg was very indignant because he was put aside as physically incapacitated, when he applied for admission to one of the New York volunteer regiments.

Milled with wrath and chagrin the colonel journeyed to Washington, bent on having a personal interview with the president. He succeeded in gaining an audience, and the president, after listening to his plea, said, kindly: "But, my good Col. J., you have only one eye!"

"Just so, sir," was the prompt rejoinder, "but can't you see the great advantage of my having only one eye? When I aim my gun I shan't have to close the other!"

He fought at Santiago. — Youth's Companion.

The extreme point of Land's End, the most westerly point of England, has been described as resembling the head of an alligator descending into the sea. A natural tunnel runs right through it, and is about 60 feet high.

Why it succeeds. There is nothing remarkable about the grand success that attends the Oregon Industrial Exposition at Portland, Oregon. It is backed up by the enterprising business men of Portland, who spare no expense to make the great fair a splendid success. The men who conduct it are: H. O. Dredgen, president; I. N. Fletcher, vice-president; R. J. Holmes, treasurer; W. S. Struble, secretary; E. C. Masten, assistant secretary; H. E. Dosh, auditor; George L. Baker, superintendent; J. P. Marshall, Ben. Selling, H. L. Fitch, D. S. Solis Cohen, C. B. Williams, Dan McAllen, A. B. Steinbach, J. E. Thielsen, D. M. Dunne, R. C. Judson, L. M. Spiegel, Sig. Sichel, H. D. Randall, E. S. Pague, General O. Summers, Col. I. N. Day, George Fuller, Captain E. S. Edwards.

If a child needs nourishment one of the simplest forms in which it can be taken is by the whites of eggs. These are nutritious and easily digested. The white is broken into a jar with what milk is desired and the two shaken thoroughly together. A pinch of salt may be added before drinking, if preferred.

GEN. JOE WHEELER PRAISES PERUNA, The Great Catarrh Cure.



Major-General Joseph Wheeler, commanding the cavalry forces in front of Santiago and the author of "The Santiago Campaign," in speaking of the great catarrh remedy, Peruna, says: "I join with Sen. S. Sullivan, Keoch and McEnergy in their good opinion of Peruna. It is recommended to me by those who have used it as an excellent tonic and particularly effective as a cure for catarrh."

United States Senator McEnergy. Hon. S. D. McEnergy, United States Senator from Louisiana, says the following in regard to Peruna: "Peruna is an excellent tonic. I have used it sufficiently to say that I believe it to be all that you claim for it.—S. D. McEnergy, New Orleans, Louisiana."

The microbes that cause chills and fever and malaria enter the system through mucous membranes made porous by catarrh. Peruna heals the mucous membranes and prevents the entrance of malarial germs, thus preventing and curing these affections.

American Type Founders Company. We lead and originate fashions in... TYPE. Cor. Second and Stark Sts. PORTLAND, OREGON.

FLINGS AT WOMANKIND.

Some of Which Smack Just a Little Bit of the Truth.

A girl was visiting in town who has a dress trimmed with four miles of lace, and her hostess is thinking of giving a reception for it.

When a woman doesn't know of anything else nice to say about another woman she says she has such "cute little ways."

Every unhappy woman takes pleasure in thinking of the time when he will come back, and it will be too late.

A good many girls have the notion that some day they may be compelled to sell their hair and pay off the mortgage on the family homestead, as the story books relate. An ambitious girl who had very beautiful hair became very poor and agreed to sell it for \$3. After the hair had been cut off the purchaser refused to take it, saying she could get a switch for \$3 in Kansas City that would answer.—Athens Globe.

Poor Facilities for Coaling. Army officers in the Philippines who have charge of the troop transports complain of the lack of coaling facilities and the annoyances which surround the replenishing of the fuel supply of such ships. They write the war department that the present method involves great delay, troops being compelled to await transports, which make long trips to the coal pile and back.

The management of the Oregon Industrial Exposition at Portland has provided well for the children, whom we have with us always, and whose lives should be brightened. The features of the fair that give them the most enjoyment is the big steam merry-go-round. They never tire of it, and as they dismount from their prancing steeds they are always happy and ready for another ride.

Improved Train Equipment. The O. R. & N. and Oregon Short Line have added a buffet, smoking and library car to their Portland-Chicago through train, and a dining car service has been inaugurated. The train is equipped with the latest chair cars, day coaches and luxurious first-class and ordinary sleepers. Direct connection is made at Granger with Union Pacific, and at Ogden with Rio Grande line, from all points in Oregon, Washington and Idaho to all Eastern cities. For information, rates, etc., call on O. R. & N. agent, or address W. H. Hurlbut, General Passenger Agent, Portland.

A small pace was carefully observed in Florence, Italy. Several of the molasses were placed between two points ten feet apart, and started. It was ascertained that the fastest snail in the race traveled at the rate of a mile in 14 days.

War Museum. It is worth a trip to Portland to see the war museum at the exposition there. Captain E. S. Edwards took his cat right off and went to work, and has gotten together the largest collection of war weapons ever seen in the Northwest. Most of them were captured in the Philippines by the Oregon volunteers. The museum is the carrying out of an idea suggested and followed up by Dan McAllen, one of Portland's most enterprising business men, and it is all for the benefit of the monument fund.

Paris is to have a 350-foot high umbrella.

A "HOT" GOLD BANQUET.

Some Inside Information by a Waiter From the Bovey Who Helped to

One of the waiters at a popular local restaurant is a bird of passage from the Bovey and was a member of the small army that served the famous "Dollar Dinner" in New York last April. A number of stories have been told of that memorable event, but none of them surpass his own in point of picturesque and inside detail. "It was the funniest push I was ever in in my life," he says, confidentially.

"The kitchen was so small they had to cook everything on the outside, and when it got there it was dead cold. The second course was haddock, and each fish cone served in a linen bag, so we could put 'em in tubs of hot water and warm 'em up—was like hell, some of the boys got rattled and served 'em bags and all, with egg sauce over 'em outside. Say, you'd of died laughing seeing them fellows tryin' to carve their fish. This is the toughest and haddock I ever tackled in my life, says one Tammany man at the head table; 'it's got a skin like a rhinoceros,' says he. In the kitchen there was a riot all night long. It was so small the waiters couldn't reach the dishes—so they got to scrapping for front places in the line. One man was knocked stiff with a turkey, and when they picked him up I thought he was dead. I did, I did, but he wasn't. He wasn't blood. It was only cranberry sauce. Another fella fell into the salad and one of the cooks put a can of ice cream in the oven, thinking it was brown gravy for the beef. That's what the president is telling you. But the worst of all was when we came to the wine. It was 'Merican champagne in half pints, without ice, and of all the kicking and hollering! One fella got a glass of champagne and he thought he had had that night that was gold and warm, and he hardly said it when a waiter that was a little jagged accidentally poured about a quart of boiling coffee down the back of his neck. You ought to hear him cuss. Between you and me, a good many waiters got to hitting the wine, and they found one of 'em with 15 empty bottles in his pants! 'That's honest I saw with my own eyes. But it was a hot time I was ever at.'—N. O. Times-Democrat.

The Philippine War is proving more than anticipated. It needs a vigorous counter to straighten matters out. We should tackle the Philippines and overcome them as Hostetter's Stomach Bitters have overcome indigestion, malaria, fever and ague. The bottle is short and decisive, and for fifty years the Bitter has always won.

Mexican Customs. It is a little startling to newcomers at first to notice the universal custom in Mexico of addressing persons of high and low degree by the first name.

During the year 1898 the number of special delivery stamps sold was about 5,200,000. It is only reasonable to suppose that the average journey of the printed ink in this country is about a mile. Indeed, that is an absurd underestimate, but let it go at that. On this assumption the total distance traveled for special delivery in 1898 was about 2,600,000 miles. This is a very considerable space to traverse, as may be realized when it is considered that a messenger boy in order to accomplish the total distance would have to go about 1,300 times around the world, or 1,300 times across the Atlantic.

A FUTURE KING. Prince Edward of York, Grandson of the Prince of Wales.

"Prince Edward of York, Our King to Be," is the subject of an article in the ladies' Realm, and concerning him the royal nursery is "a very interesting story." The royal nursery, it seems, is not without skirmishes between the two young princes, who are evenly matched in the matter of spirit. Prince Edward is the most of his slight and scionly, but Prince Albert has no idea of accepting the place of younger son when it is a question of riding a rocking-horse. One day the Duchess of York was quite shocked on entering the nursery and finding the two young princes "having it out" in proper royal style, but the Duke said: "Oh, let them fight it out; they will be the better men for it."

It is customary for the royal children to kiss the Queen's hand, not her cheek. But Prince Edward objected to this arrangement and declined to fall in with it. One day he heard two of the servants speaking about "his majesty's hand." "I know who her majesty is," said Prince Edward; "it's 'granny.'" "And who was the naughty little Prince who would not kiss his granmother's hand?" said Prince Edward, unabashed, and I am not going to kiss 'granny's hand." Now, of course, being 5 years old, and considering himself quite a big boy, Prince Edward pleased the Queen's hand in the most approved manner, and his cap quite prettily when in her majesty's presence.

LAW AS INTERPRETED. Notice that an unearned premium will be restored and holding the amount subject to the call of the insured is held, in Tisdell vs. New Hampshire Fire Insurance Company (N. Y.), 40 E. R. 735, insured by a policy which provided that in case of fire the obligation of an insurer to return the premium as a condition of cancelling the policy.

The Economy of Rubbers. Rubbers are prodigious money savers—in two ways; they save shoe leather and doctors' bills. The best shoes in the world soon crack and go to pieces if you wear them in the rain and mud, and a pair of \$3 shoes with rubbers will outwear a pair of \$12 shoes without rubbers. And as for doctors' bills, a 50-cent pair of rubbers would save you many a hundred-dollar doctor's bill, by say nothing of the danger of being sick and the danger of pneumonia or consumption or grip.—The Churchman.

"The Prudent Man Setteth His House in Order." Your human tenement should be given over more careful than the house you live in. Set it in order by thoroughly renovating your whole system through blood made pure by taking Hood's Sarsaparilla. Then every organ will act promptly and regularly.

Hood's Sarsaparilla NEVER DISAPPOINTS.

MILLIONS OF STAMPS.

POSTOFFICE FIGURES THAT WILL ASTONISH YOU.

Enough Two-Cent Stamps Issued in the Year 1898 to Reach More than Once and a Half Around the Earth at the Equator.

Uncle Sam's printing office has an enormous output of postage stamps during a year. A gentleman long connected with the service has collected a mass of statistics regarding the issue which is simply paralyzing. He says that the number of 2-cent stamps in 1898 was 2,500,000,000. Such a number obviously is beyond the grasp of the human mind, but perhaps the matter may be made more clear by putting it otherwise. An ordinary cent stamp is exactly one inch long. From this fact, by a little calculation, it is easy to discover that the number of stamps of this denomination issued in 1898, placed end to end, would extend a distance considerably exceeding 39,000 miles. In other words, they would make a continuous strip of stamps, each one adorned with the head of the father of his country, stretching in a belt more than once and a half around the equator.

Now, if all the postage stamps printed by the United States Government in 1898 were placed one on top another as nearly as might be without putting them under pressure, how high do you suppose the pile of them would be? There is no use guessing, you would never get a nearly right answer, unless you went to work to calculate it for yourself. The 2,500,000,000 stamps of all denominations printed the current year—the statement is of course approximate—would tower to an elevation of twenty times the height of the highest mountain in the world—Mount Everest in the Himalayas. If the same number of stamps was piled up in the form of the ordinary postage stamp, the height of that stack would be over a fifth of a mile high.

Following an idea first developed in Germany, pictures have recently been printed in this country which when viewed through spectacles, appear in stereoscopic relief. The object printed is first photographed from two points like an ordinary stereoscopic view. Then the two pictures are printed in two complementary colors, nearly but not quite overlapping. The glasses of the viewing spectacles are also of complementary colors corresponding to those used in the printing, and when the pictures are seen through the glasses, it stands forth with a startling appearance of solidity.

A writer in Forest and Stream describes a victory which he saw gained over a rattlesnake by the inhabitants of a prairie-dog village in the Indian Territory. The ugly invader crawled into one of the dog-holes, whereupon fifteen or twenty dogs gathered about the place, and began to push dirt into the hole. The snake stuck his head up through the dirt, and the dogs took to flight, but the moment the snake entered another hole they docked about it again, and this time pushed in the dirt so rapidly that the rattler was effectively entrapped. Then the dogs jumped the dirt down his throat, and he was left the snake to suffocate.

As is well known to botanists, but not so well known to the general public, the white powdery coating on some leaves and fruits is waxy in nature and is called "bloom" in technical works on botany. Its function has received some attention, Mr. Darwin having made it the object of some studies in his later years. In a recent number of the Laboratory Bulletin of Oberlin College, is a short paper by Miss Roberts Reynolds, giving the results of a series of experiments which show that when the bloom is removed from the epidermis the transpiration of water is greatly increased. Thus in one case two one-half inches as much from the leaf which was without bloom as from that with the bloom. It was observed also that on damp days the difference between the leaves was less than on dry days; so, too, there was less difference in the case of young leaves than when old ones were used.

Seven Ages of Woman. At first the infant's cap, soft, warm and white. With strings well mouthed and mauled, in soorly plight. The giddy schoolgirl's hat, a wail and stray; Any old thing that hinders not her play. The budding maiden's hat, pert, smart and trim, According to "sweet sixteen's" mood or whim. Bravest of all, the bridal wreath and veil, Which marks life's great event and turns the scale. The new-begged matron's "dream," by Worth designed, Which "Hubby" pays for, sighs and looks resigned. The well-planned bonnet of the chaperon, Which hides Time's ravages from her alone. Last scene of all, the widow's ruche and Sans feathers, flowers, ribbons, lace or beads. —New York Sun.

Spiders as Mechanicians. The spider that seeks out a pebble and anchors her web with it clearly makes use of a tool. The pebble is analogous to the iron anchor used by a man. Spiders have been seen to use nails for anchors.—Scientific American.

Women Students Persecuted. Women students at the University of Berlin are not allowed to wear their hair in braids down their backs. Two girl students who persisted in doing this were expelled.

"Now, boys," said the Sunday school teacher, "can any of you name the three great feasts of the Jews?" "Yes'm, I can," replied one little fellow. "Very well, Johnny. What are they?" "Breakfast, dinner and supper," was the unconsciously logical reply.—Buffalo News.

unique question of the validity of insurance on property illegally used.

An Albino Tree. Much interest has been caused lately by the appearance of a horse chestnut tree in the Thiergarten. The numerous branches under the lower part of the trunk have a pure white foliage, such as is seen on trees growing in dark places, where no chlorophyll can develop on account of want of light. The same whiteness of the leaves is also noticeable in a few of the neighboring branches through the crown to the top. People are often puzzled as to the cause of the peculiarity, and many strange explanations are sometimes given. The singular appearance of the tree has been noticed regularly for some years. This particular tree, it seems, had been attacked by a swarm of caterpillars and other creatures of the same species, and the foliage had already been destroyed, but still masses of caterpillars continued to crawl up and down the trunk, and finally clung there in clumps. To preserve the beautiful tree, after other means had been tried in vain, a solution of acid was used, and the ground all round was watered with it, as well as the trunk and the branches, which were especially drenched. This treatment proved successful. The tree gradually recovered, and now stands in its full strength and freshness, but has retained the whiteness in its leaves, which presents a by no means unpleasant contrast to the otherwise dark green foliage.—London Standard.

What He Had. Guest—What have you got? Waiter—I've got liver, calf's brains, pig's feet—"I don't want a description of your physical peculiarities. What you have got to eat is what I want to know."—Boston Traveler.

Amateur Art. In these days, when so many people have cameras, a great many good pictures are produced, and the amateur photographers of the world are now competing for cash prizes at the Oregon Industrial Exposition at Portland. Many good pictures are on exhibition.

Fits Permanently Cured. No Stomach or Nerve Restorer. Send for FREE TRIAL BOTTLE OF KIDNEY PILLS, 250 Arch Street, Philadelphia, Pa.

Anthrax coal on Bellingham has been found to be big discovery.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Piso's Cure for Consumption has been a God-send to me.—Wm. B. McClellan, Chester, Florida, Sept. 17, 1895.

Cleveland high school teachers earn \$800 a year.

There is more Catarrh in this section of the country than all other diseases put together. This money belongs to the owners of the cotton or their heirs, if they can prove their claims.

The cathedral of Cologne is naturally the chief place of interest in that famous city. It took almost six centuries and a half to build, having begun in 1248 and finished in 1880. Its style of architecture is Gothic, and it has eight chapels, which contain the remains of eight archbishops, and the skulls of "the three wise men of the East." The Church of St. Ursula is decorated inside with the bones of some of the 11,000 virgins who, with St. Ursula herself, were murdered by the Huns.

To keep onions any length of time the tops and roots should be left on, but should be thoroughly dried before putting away. They will keep a long time any place in the barn where no rain can get to them, with a free circulation of air and not much light. They should not be piled more than three inches deep.

Fort Patrick is the nearest place on the coast of Scotland to that of Ireland, the channel being only 21 miles across—about the same distance as that which separates Dover from Calais. It has the reputation of being the traditional point at which St. Patrick landed from Ireland.

The first Australian newspaper, the Sydney Gazette, was published March 5, 1803, 15 years after the rise of the colony. The delay was caused through there being no printers among the convicts, who represented every profession, including the legal. (The plant was brought out in the first fleet, but it could not be used until the authorities caught a compositor.)

When Pain Racks the Body. Frank Long, who lives near Lennon, Mich., says: "I was taken with a pain in my back, and it was so bad that I could not get up. The physician pronounced my case muscular rheumatism accompanied by lumbago. 'I gradually became worse, until I thought death would be welcome release. I was finally induced to try Dr. Williams' Pink Pills for Pale People, and after using five boxes, was entirely cured. 'I am confident that Dr. Williams' Pink Pills saved my life, and will gladly answer inquiries concerning my sickness and weakness, if you will send stamp to be enclosed for reply.'"

Women Students Persecuted. The police shall be very strict in their hair in braids down their backs. Two girl students who persisted in doing this were expelled.

THE YOUTH'S COMPANION

The Fireside Friend in Half a Million Homes.

Special Subscription Offer for 1900.

Those who subscribe at once will receive the nine November and December issues of the Companion FREE, and then all the issues for the 22 weeks of the new year, until January 1, 1901. This offer includes the gift of the New Companion Calendar for 1900—the most beautiful one ever given to the friends of the Companion.

Cut out and send this slip with \$1.75, the price of your subscription to 1901. K 303

Send us your address on a Postal card and we will mail you our Illustrated Announcement Number, containing a full prospectus of the Contributors and Contributions engaged for the new volume.

THE YOUTH'S COMPANION, Boston, Mass.

What He Had. Guest—What have you got? Waiter—I've got liver, calf's brains, pig's feet—"I don't want a description of your physical peculiarities. What you have got to eat is what I want to know."—Boston Traveler.

Amateur Art. In these days, when so many people have cameras, a great many good pictures are produced, and the amateur photographers of the world are now competing for cash prizes at the Oregon Industrial Exposition at Portland. Many good pictures are on exhibition.

Fits Permanently Cured. No Stomach or Nerve Restorer. Send for FREE TRIAL BOTTLE OF KIDNEY PILLS, 250 Arch Street, Philadelphia, Pa.

Anthrax coal on Bellingham has been found to be big discovery.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Piso's Cure for Consumption has been a God-send to me.—Wm. B. McClellan, Chester, Florida, Sept. 17, 1895.

Cleveland high school teachers earn \$800 a year.

There is more Catarrh in this section of the country than all other diseases put together. This money belongs to the owners of the cotton or their heirs, if they can prove their claims.

The cathedral of Cologne is naturally the chief place of interest in that famous city. It took almost six centuries and a half to build, having begun in 1248 and finished in 1880. Its style of architecture is Gothic, and it has eight chapels, which contain the remains of eight archbishops, and the skulls of "the three wise men of the East." The Church of St. Ursula is decorated inside with the bones of some of the 11,000 virgins who, with St. Ursula herself, were murdered by the Huns.

To keep onions any length of time the tops and roots should be left on, but should be thoroughly dried before putting away. They will keep a long time any place in the barn where no rain can get to them, with a free circulation of air and not much light. They should not be piled more than three inches deep.

Fort Patrick is the nearest place on the coast of Scotland to that of Ireland, the channel being only 21 miles across—about the same distance as that which separates Dover from Calais. It has the reputation of being the traditional point at which St. Patrick landed from Ireland.

The first Australian newspaper, the Sydney Gazette, was published March 5, 1803, 15 years after the rise of the colony. The delay was caused through there being no printers among the convicts, who represented every profession, including the legal. (The plant was brought out in the first fleet, but it could not be used until the authorities caught a compositor.)

When Pain Racks the Body. Frank Long, who lives near Lennon, Mich., says: "I was taken with a pain in my back, and it was so bad that I could not get up. The physician pronounced my case muscular rheumatism accompanied by lumbago. 'I gradually became worse, until I thought death would be welcome release. I was finally induced to try Dr. Williams' Pink Pills for Pale People, and after using five boxes, was entirely cured. 'I am confident that Dr. Williams' Pink Pills saved my life, and will gladly answer inquiries concerning my sickness and weakness, if you will send stamp to be enclosed for reply.'"